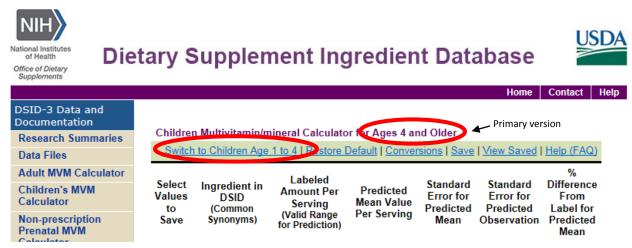
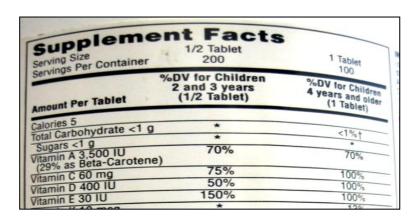
## Instructions for Using the Children's MVM Calculator

The calculator screen will show a default number for each ingredient for children's MVMs for ages 4 and older, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the percent difference from label for the mean prediction. The calculator version for serving sizes for ages 4 and older is the version recommended for most research purposes, since it is the most common serving size for children's MVMs.

If you wish to obtain predictions for children's products labeled for serving sizes *ages 1* to <4, click "Switch to Children Age 1 to <4" at the top left of the data entry screen. For more information about the statistical evaluation of children's data with two different age groups and serving sizes, see the *Children's MVM Research Summary* on the DSID website.



Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value) for the age group and serving size corresponding to the calculator that you are using.

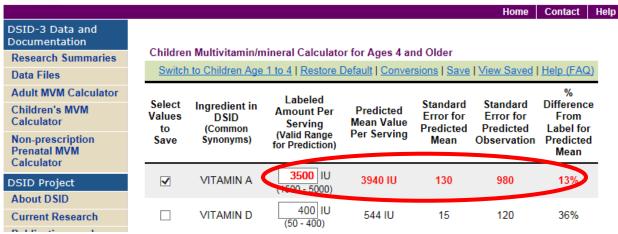


1. Enter values for any or all 16 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in red.



## **Dietary Supplement Ingredient Database**





**NOTE:** If the values entered are outside the range indicated in the brackets, then a message which says "Outside Range" will appear.

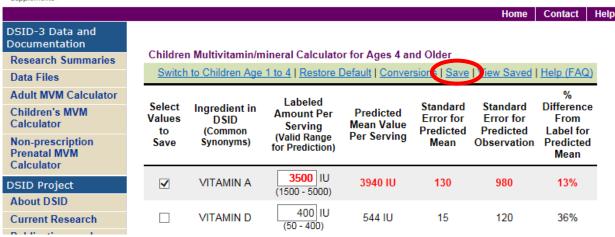


2. Select the 'Save' link near the top of the page.

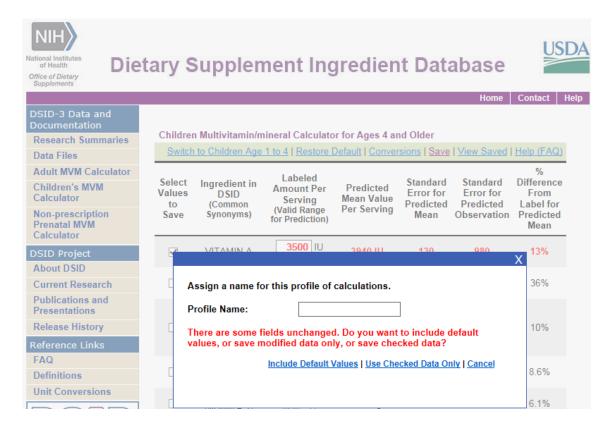


## **Dietary Supplement Ingredient Database**

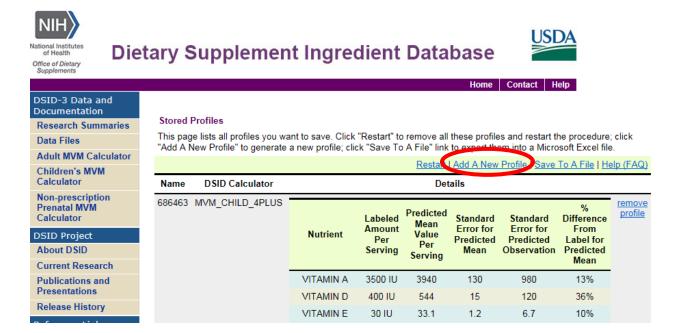




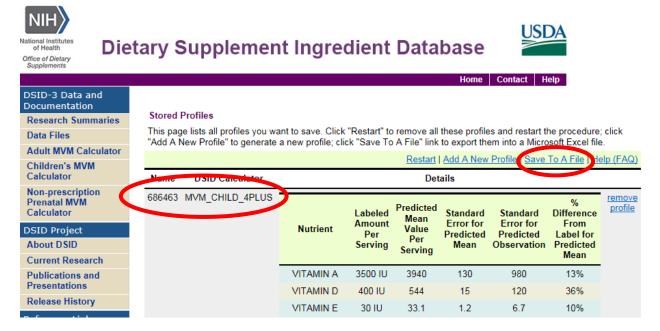
3. Assign a profile name to each set of calculations.



- 4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile. You can generate multiple sets of calculations (profiles) within one file.
- 5. To add an additional profile to the same file, select 'Add a New Profile' above the columns on the review page. [NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]



6. In the next window, view your results and save them as an Excel file (.xls) by selecting 'Save To A File' and filling in the name of your file.



7. To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

**NOTE**: Predictions generated from the MVM Ingredient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.